



THE TOWN OF LOS ALTOS HILLS

FALL-WINTER 2019-20 ACTIVITY GUIDE



COMMUNITY EVENTS, SENIOR, ADULT, YOUTH PROGRAMMING
AND RESOURCES AVAILABLE IN LOS ALTOS HILLS

Table of Contents

EVENTS	3
SENIOR/ADULT PROGRAMS.....	8
ADULT PROGRAMS.....	12
PATHWAY HIGHLIGHTS	22
ADULT/YOUTH PROGRAMS.....	23
YOUTH PROGRAMS.....	24
RESOURCES	28

Did you know?

Classes fill up quickly or get canceled because people wait too long to register! Don't let this happen to you! Register early!

WAYS TO REGISTER:

- 1) Online:** www.losaltoshills.ca.gov/activity-guide
- 2) Walk-in:** Monday – Friday 8:00 am - Noon, 1:00 - 5:00 pm
- 3) Fax:** registration page to: 650-941-3160

Payment must be received at the time of registration along with a release of liability. We gladly accept American Express, Cash, Check, MasterCard and Visa.

Town Hall will be closed for the following dates:
9/2, 10/14, 11/11, 11/28, 12/24, 12/25, 1/1, 1/20, 2/17
subject to change, visit website for up to date information

Make a Difference and Get Involved!

The City Council of the Town of Los Altos Hills is inviting applications from interested residents for current openings on the following committees:

- | | | |
|-------------------------------------|----------------------------------|------------------------|
| ➤ Community Relations | ➤ Finance & Investment | ➤ Parks and Recreation |
| ➤ Education | ➤ History | ➤ Pathways |
| ➤ Emergency Communications | ➤ Joint Volunteer Service Awards | ➤ Planning Commission |
| ➤ Environmental Design & Protection | ➤ Library | ➤ Public Art |
| ➤ Environmental Initiatives | ➤ Open Space | ➤ Senior Commission |
| | | ➤ Youth Commission |

All vacancies subject to change; for information on the charges and duties of the committees and application can be obtained at Town Hall, from the Town website: www.losaltoshills.ca.gov under "City Government Standing Committees", or by phone 650-941-7222.

Did you know...

Purissima Park is only 0.9 of a mile from Town Hall? Swing by Town Hall and see the new distance markers to encourage walking, running, cycling/ biking and horseback riding! Please note, these are not directional arrows.



Los Altos Hills City Council

Roger Spreen, Mayor
Michelle Wu, Vice Mayor
Courtenay C. Corrigan, Council Member
Kavita Tankha, Council Member
George Tyson, Council Member

City Manager

Carl Cahill
26379 Fremont Road
Los Altos Hills, CA 94022
650-941-7222

Parks and Recreation Department:

Sarah Robustelli
Senior Community Services Supervisor
650-947-2518

Chris Knopf
Recreation Specialist
650-947-2506

Parks and Recreation Committee

Nina Sutaria, Chair
Kathy Evans, Vice Chair
Ying Liu
Patty Radlo
Elizabeth Reichert
Ingrid Sperow
Yibin Tang
Scott Vanderlip
Parks and Recreation Committee meetings are held on the third Monday of every month from 5:30 – 7:00 pm.

The Los Altos Hills Parks and Recreation Activity Guide is a bi-annual publication, mailed and delivered to residents of Los Altos Hills. Businesses or entities referenced in this brochure do not constitute an endorsement by the Town of Los Altos Hills.

If you would like to receive this Activity Guide please visit: www.losaltoshills.ca.gov and opt in under the recreation tab or call 650-947-2518.

Find Us Online:

- Town of Los Altos Hills
- @LAHParksnRec
- @lahparksandrec

Nextdoor is a resource to stay in the know about what's going on in your neighborhood and communicating with your fellow neighbors



featured on the cover:

Intermediate Bridge

E V E N T S



Layers

Art Exhibit and Reception

The fine art group exhibit “Layers” featuring members of the Women’s Caucus for Art, Peninsula Chapter, will be on display at the Los Altos Hills Town Hall from September 2019 through March 2020. The Peninsula Chapter of Women’s Caucus for Art is a multi-disciplinary, multicultural organization of artists employing a wide range of media with a remarkable diversity in style and content. This expression of the exhibit proves that works of art have many layers; layers of interpretation, meaning, emotion and sometimes layers of color and materials. The women who create these works have underlying layers of understanding that are revealed in the process. Artists are encouraged to interpret the theme broadly yet tie together women’s character with artistic style. Others may choose to focus on the conceptual connotations. For more information go to: www.wcapeninsula.org

Art Reception

Fine art group show “Layers”, featuring members of the Peninsula Chapter of Women’s Caucus for Art. Artists’ Reception at the Town Hall features live music performed by Rebecca and Gary Lee Parks, refreshments and wine. Free and open to the public. For more information call: 650-941-7222. www.wcapeninsula.org



Date: 9/15
Day: Sunday
Time: 2:00 – 5:00 pm
Location: Town Hall
Fee: Free

Town Safety Forums

Wildland Fire Evacuation and Power Shut Offs

These two-hour community meeting will discuss critical safety topics.

- 1) What to expect if you are asked to evacuate your home and
- 2) The impacts of PG&E’s proposed Public Safety Power Shut Offs. Overviews of the topics and suggested actions will be provided with time for questions. To register visit:
www.losaltoshills.ca.gov/safetyforum.

Dates: 9/6, 9/14*, 9/16, and 9/25
Day: Varies
Time: 7:00-9:00 pm
*9/14 10:00-Noon
Location: Town Hall Council Chambers
Fee: Free

Los Altos Hills Hoedown

at Westwind Community Barn

This year’s Hoedown we will feature Capelo’s BBQ Food Truck, an exciting barn side dining experience you won’t forget! A dance caller will also be featured this year for good fun after dinner. Returning favorites to this year’s event include, live bluegrass music by Sidesaddle & Co., old-fashioned arts & crafts, farmers market and free entertainment for the entire family. The community farmers market provides an opportunity for residents to set up a table to sell their garden grown fruits and vegetables. Hand pressed apple cider is available with apples from DeMartini and press from Hidden Villa. The event will also highlight textile demonstrations, quilting, knitting, crocheting, spinning, weaving by Custom Handweavers, soap making, leather tooling by Silicon Valley Leathercraft Guild, and puppet making. At 4:30 pm, come view our Equestrian exhibitions in the upper arena, featuring mini horses, riding demonstrations from Victoria Dye Equestrian. If you would like to participate in our farmers market, host a craft table, game, help teach knitting, crocheting or embroidery, or donate to the event, please contact Sarah Robustelli 650-947-2518 or srobustelli@losaltoshills.ca.gov.

Date: 9/7
Day: Saturday
Time: 3:00 – 8:00 pm
Location: Westwind Community Barn
Fee: Free with food and beverage available for purchase

E V E N T S

Shred Event

Shred event can assist residents with destroying confidential or personal documents. Document shredding is a secure and safe means to recycle old paperwork. Residents may bring a maximum of 5 standard sized file boxes or 5 brown paper bags of confidential/personal paper documents to shred. This is a free service for the residents of Los Altos Hills. Proof of residency is required.

Remove documents from binders and binder clips (these can damage the shredding equipment); however, paperclips, staples and rubber bands are acceptable. Unacceptable items include (but not limited to): batteries, matches, electronics, metal, cardboard, binders, binder clips, x-rays, CD's, DVD's, plastic sleeves, e-waste, pens, etc. No garbage or non-paper items.

Date: 9/28

Day: Saturday

Time: 9:00 – Noon, or when truck is full

Location: Town Hall Parking Lot

Fee: Free



Tales of Moody Road

History Committee Presentation

Tales of Moody Road will share the colorful past of the Moody including Pink Horse Ranch, Adobe Creek Lodge, Hidden Villa and other happenings. Panelists: Thomas McReynolds, Joan Sherlock, Karen Lemes, and Joseph Kleitman. Moderated by Jitze Couperus.

Date: 9/29

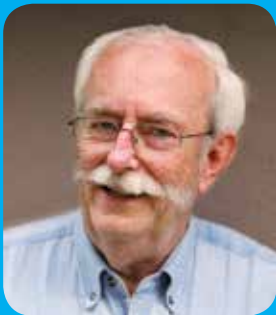
Day: Sunday

Time: 2:00 - 4:00 p.m. with reception following presentation

Location: Town Hall Council Chambers

Fee: Free

Speaker Bio: Jitze Couperus

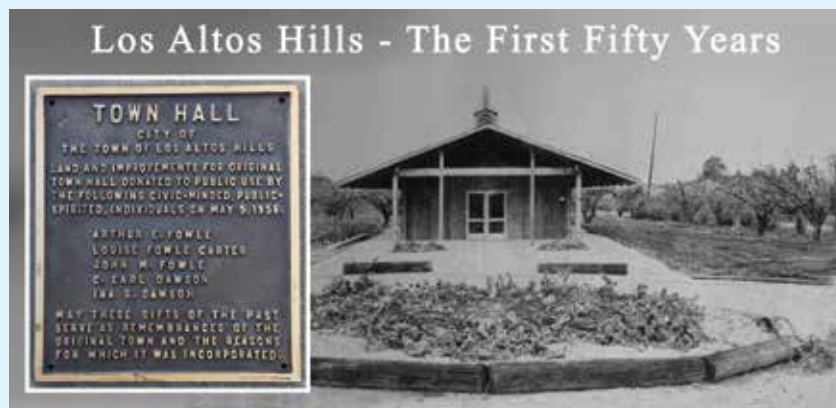


Couperus moved with his family to Los Altos Hills in 1973, and has been active in a variety of town matters over the years. Besides formal posts such as President of The Los Altos Hills Horsemen's Association, member of the LAH County Fire Commission, the LAH Planning Commission, and the LAH History Committee, he was also active in a number of local campaigns such as the one to preserve Westwind Barn as a town-owned facility in 1977, and the Open Space Initiative of 2002.

The First 50 Years

History Committee Presentation

The first half-century of the major "happenings" in our city. Topics range from the motivations that triggered the initial formation of the town, and the subsequent political skirmishes that shaped the town's evolution up to the turn of the millennium. Quarries, Preservation of Open Space, and Pathways, were just the earliest and biggest factors that played a role - in the face of steeply increasing property values and the pressure by developers to maximize their potential. All of this in the context of what started as a primarily "Orchard Community" reshaping itself into residences for the high-flyers of Silicon Valley.



Date: 10/10

Day: Thursday

Time: 3:00 – 4:30 pm

Location: Town Hall Council Chambers

Fee: Free

E V E N T S

Trick or Treat and Tour Town Hall

Open to Trick or Treaters of all ages! This is an exciting opportunity for your child to dress up in their Halloween Costume and tour Town Hall offices, Heritage House, Council Chambers and the Parks and Recreation Building. We may even run into our elected officials and City Manager during your visit. Staff will have treats along the way. Please RSVP at losaltoshills.ca.gov/HalloweenEvent

Date: 10/25

Day: Friday

Time: 2:00 – 4:00 pm, Tours & Trick or Treating begin on the Half-Hour: 2:00, 2:30, 3:00, 3:30

Ages: Open to all ages

Location: Town Hall

Fee: Free



Halloween Middle School Lock-In

**Hosted by the
Los Altos Hills Youth Commission**

Come to the 4th annual middle school lock in! There will be games, music, a costume contest, movies, snacks, and Halloween themed fun for you and your friends. Free entry for all middle schoolers! For more information, contact the Los Altos Hills Youth Commission staff liaison at cknopf@losaltoshills.ca.gov.

Date: 10/25

Day: Friday

Time: 6:30 – 9:00 pm

Ages: Open to all ages

Location: Town Hall

Fee: Free

Vines and Wines

Hosted by Hills2000

This year marks the sixth Vines & Wines party, a biennial event sponsored by Hills2000 — Friends of the Hills. The organization is a nonprofit engaged in preserving the rural character of Los Altos Hills. At Vines & Wines the public is invited to taste handcrafted, small-batch wines that show off the unique terroir of Los Altos Hills. Approximately 22 vintners will be on hand, pouring 36 different wines. Appetizers will be offered to accompany the tastings. Vines & Wines is an adult only event; No pets, please. Tickets are limited and available at www.hills2000.org.

Date: 10/27

Day: Sunday

Time: 2:00 – 5:00 pm

Location: Town Hall

Fee: Pre-Registration: \$25
Door Registration: \$50



E V E N T S

42nd Annual Los Altos Festival of Lights Parade Downtown Los Altos

The Los Altos Festival of Lights Parade celebrates the beginning of the holiday season in Downtown Los Altos the Sunday after Thanksgiving. The theme "A Child's Holiday Fantasy" comes to life with colorful lighted floats, local High School Marching Bands playing holiday music, and costumed characters all lit up with hundreds of lights. It comes to an exciting conclusion with the arrival of Santa Claus and his reindeer! This hour long event starts at First and State Streets and winds its way through town, ending on Whitney and Second Street. Originating in 1978, it is produced by the Los Altos Festival of Lights Association, a non-profit all volunteer organization. Funding is provided by donations and the sales of glow necklaces and toys on parade night. With the mission, "Bringing Our Community Together to Share the Warmth of the Holiday Season" this event is for the whole family. Look out for the Los Altos Hills Mother Goose Float and the Mayor in the Parade. For more information visit our website www.losaltosparade.org.

Date: 12/1
Day: Sunday
Time: 6:00 – 7:30 pm
Location: Downtown Los Altos
Fee: Free



Holiday Barn Lighting

at Westwind Community Barn

Join the Los Altos Hills community for a special holiday celebration. Spend the afternoon in the fresh air at Westwind Community Barn, sampling cookies and hot cider and/or wine tasting while kids participate in seasonal games, craft tables, face painting, pony rides and a petting zoo. Local student groups will perform traditional carols and holiday music. Bring your camera as Santa will be available for last minute holiday wish lists and a tasty candy cane treat. The Barn will light up at 5:00 pm and Santa will ride off into the sunset in true Hills style! Make this holiday season memorable and bring the whole family for a day in the Hills that they will not forget!

Date: 12/8
Day: Sunday
Time: 2:00 – 5:00 pm
Location: Westwind Community Barn
Fee: Free

Caroling in the Hills

Join with your neighbors in bringing fun holiday cheer to the neighborhoods. Drinks and treats will warm your voices up before heading out on pathways to warm the hearts of local LAH residents. Adults, kids, families, seniors and members from surrounding communities are all welcome to attend this event. Feel free to invite your high school singing group, or scouting groups, clubs, etc. Carolers should wear warm clothes and bring a flashlight. In case of inclement weather caroling will be held at Town Hall only. For more information, please contact Scott Vanderlip at 650-948-6455 or email at scott@inet-sciences.com.

Date: 12/18
Day: Wednesday
Time: 7:30 – 9:00 pm
Location: Town Hall Council Chambers
Fee: Free

E V E N T S

Let's Talk Water: Valley Water Speakers Bureau

Our flood protection presentation addresses Valley Water's many efforts to protect the residents and businesses of Santa Clara County from flooding. We'll talk about our flood protection projects, flood insurance and our Stream Maintenance Program, with a specific look at North County's particular flooding history and projects. **RSVP required by 2/4**, please visit www.losaltoshills.ca.gov/watertalk.

Date: 2/6
Day: Thursday
Time: 10:00 am – Noon
Location: Town Hall Council Chambers
Fee: Free

Teen Movie Night

Hosted by the Los Altos Hills Youth Commission

All middle and high school students are invited to join the Youth Commission for a night of excitement, popcorn and candy! Bring your own pillow, blankets or beanbags to get cozy in the Council Chambers. For more information contact Los Altos Hills Youth Commission staff liaison at Cknopf@losaltoshills.ca.gov.

Date: 2/7
Day: Friday
Time: 7:00 – 9:00 pm
Location: Town Hall Council Chambers
Fee: Free

New Year's Day Hike/Walk

The Pathways Committee holds an annual New Year's Day Hike/Walk with multiple loops of varying distances.

Date: 1/1
Day: Wednesday
Time: 1:00 pm
Location: Foothill College,
Parking Lot 1 (by the football field)
Fee: Event and parking are free for this event



SENIORS/ADULTS PROGRAMS

Stay Active, Stay Safe, and Stay for Lunch

Santa Clara County Fire and Parks and Recreation Department have collaborated to bring Residents this health and safety quarterly program. Each presentation begins with a Stay Active walk led by Los Altos Hills Parks and Recreation Staff, followed by a Stay Safe presentation by Santa Clara County Fire, the program concludes with a catered Stay for Lunch. Residents are welcome to attend any portion of the program that is of interest. The program is free; however registration is required: www.losaltoshills.ca.gov. For more information contact 650-947-2518 or srobustelli@losaltoshills.ca.gov.

Stay Active: 2 mile walk starting from Town Hall from 10:00 – 11:00 am
Stay Safe: Crime Prevention & Home Fire Safety presented by Santa Clara County Fire and the Sheriffs Office 11:00 am- Noon
Stay for Lunch: Lunch will be served from Noon – 12:30 pm. A Santa Clara County Fire Truck will be available to Tour.
Date: 11/7
Day: Thursday
Time: 10:00 am – 12:30 pm
Location: Town Hall
Fee: Free
Registration is required: www.losaltoshills.ca.gov.

Stay Active: 2 mile walk starting from Town Hall from 10:00 – 11:00 am
Stay Safe: Preparing Caregivers for Home Medical Emergencies by the Santa Clara County Fire 11:00 am- Noon
Stay for Lunch: Lunch will be served from Noon – 12:30 pm
Date: 2/13
Day: Thursday
Time: 10:00 am – 12:30 pm
Location: Town Hall
Fee: Free
Registration is required: www.losaltoshills.ca.gov.

Teaching Seniors Technology

Organized by Los Altos Hills based Tech Literacy for Seniors

Founded by a local student in Los Altos Hills, Tech Literacy for Seniors is an incorporated nonprofit organization which aims to help seniors (and non-seniors!) effectively use technology. During each appointment bring your phones, tablets, computers, etc. and student volunteers will help you with any questions or problems you may have. To book your appointment visit seniortech.cf/?i=1 or contact 650-947-2506. If you have any questions about this service or getting involved with Tech Literacy for Seniors, please contact Russell Yang, russell.a.yang@gmail.com.

Dates: 9/5, 10/3, 11/7, 12/5, 1/9, 2/6
Day: Thursday
Time: 4:00 – 5:00 pm
Location: Park and Recreation Building at Town Hall
Fee: Free

Club 55 and up!

Hosted by Los Altos Forward

Club 55 is a Pop Up Night Club just for folks 55 and up held during the warm and dry months. Music, wine, food and friends. Bring a bottle of wine to share! To be added to the Club 55 email list or for more information email Club55LosAltos@gmail.com Sponsored by Los Altos Forward, Los Altos Community Foundation, Center for Age Friendly Excellence (CAFÉ), Assistance League of Los Altos. Club 55 is a program of Los Altos Forward, a project of the Los Altos Community Foundation.

Dates: 9/6 and 10/4
Day: Friday
Time: 6:00 – 8:30 pm
Location: Back patio at 169 State Street (formerly the Costume Bank)
Fee: Free



SENIORS/ADULTS PROGRAMS

Medicare Enrollment Presentation

Hosted by Sourcewise

The Medicare Annual Enrollment Period (AEP) occurs from October 15–December 7, 2019. Sourcewise provides personalized, unbiased guidance through the Health Insurance Counseling & Advocacy Program (HICAP). Learn about the changes to Medicare for 2020 and how those changes will affect your plan benefits and out-of-pocket costs. We will have HICAP counselors available at the end of presentation to answer all your questions, and compare your prescription drug plan if needed for 2020. Bring your Medicare card and list of medications, if you want a drug analysis for 2020 plans.

Date: 11/12
Day: Tuesday
Time: 10:30– 11:30 am
Location: Town Hall
Council Chambers
Fee: Free

Fitness for Seniors

Are you afraid of falling? Looking to improve your balance and strength? Come on down and have some fun listening to music and getting fit with friends. This is a class that involves basic everyday movements to improve range of motion, flexibility, muscle strength and balance. Equipment includes: resistance band, 9" mini ball and your choice of dumbbell weight between 1-10 lbs.

For more information contact Adam Halper at www.FitnessHalpers.com or 650-479-5955.

Try it out: Adam offers the first week as a free trial

Days: Mondays and Wednesdays
Time: 11:45 am – 12:45 pm
Location: Town Hall, Council Chambers
Fee: \$175 Month
\$200 8-Class Flex Pass

Pathways to Positive Aging

Offered by Pathways Home Health and Hospice

End of life issues can present us with many pathways to choose from, and thoughtful planning is essential to arriving at your destination. In this presentation, Licensed Clinical Social Worker and Manager of Clinical Support Services at Pathways Home Health and Hospice Linda Woodall will share some of the pitfalls of not planning for this stage of life, and educate attendees about the choices available to stay in control and on the right path.

Date: 1/24
Day: Friday
Time: 2:00 - 4:00 pm
Location: Town Hall Council Chambers
Fee: Free



SENIORS/ADULTS PROGRAMS

Pickleball

Come play one of the fastest growing sports in the United States. Pickleball is a combination of tennis, table tennis, and badminton. It is fun and easy to play. For more information contact 650 947-2797.

Days: Thursday
Time: 11:00 am – 1:00 pm
Location: Los Altos Youth Center (LAYC),
1 N San Antonio Rd, Los Altos
Fee: \$3.00, Free to Members of the
City of Los Altos Senior Center

Table Tennis

Drop in to the Grant Park multi-purpose room to brush up on your table tennis skills, socialize, or get ready for your next tournament. For more information contact 650-947-2797.

Days: Mondays
Time: 10:00 am – Noon
Location: Los Altos Senior Program Grant Park
Fee: \$3.00, Free to Members of the
City of Los Altos Senior Center

Monthly Pathways Walk

Join Parks and Recreation on the first Wednesday of every month for a walk on the Town's Pathways System. Each Pathway walk will be roughly 2 miles in length and feature various areas of Los Altos Hills. Routes & walking speeds will be tailored to the wishes of the participants in attendance. Inclement weather may cancel the walk. For more information or to RSVP contact: 650-947-2506 or cknopf@losaltoshills.ca.gov.

Dates: 9/4, 10/2, 11/6, 12/4, 1/8, 2/5, 3/5
Day: Wednesdays
Time: 9:30 am
Location: Town Hall
Fee: Free

Hike in the Hills

Hosted by the Parks and Recreation Committee

This year on National Take a Hike Day, the Parks and Recreation Committee will hike you through a fun and lightly challenging trail loop that will start and finish at Purissima Park. A preview of the hike can be found at Scott Vanderlip's website: lahrecreationtrails.org.

Date: 11/16
Day: Saturday
Time: 10:00 am
Mileage: 6.5 miles
Total Ascent: 700 feet
Location: Purissima Park
Fee: Free



SENIORS/ADULTS PROGRAMS

On-Demand Ride Reimbursement Program

Los Altos Senior Program

The City of Los Altos is providing on-demand ride reimbursement for members of the Recreation and Community Services Senior Program. This program was created to aid local seniors in becoming more mobile within the Los Altos Community. To be eligible:

- Rides must begin and end within the City of Los Altos, Town of Los Altos Hills, El Camino Hospital, Mountain View's Kaiser Hospital location, Mountain View's Palo Alto Medical Foundation location or the Palo Alto Veteran's Hospital with no stops outside of those areas.
- You must use an on-demand ride company that can provide official verification of ride cost and transportation start and finish points.
- Full cost of ride and up to \$3 driver gratuity will be reimbursed, any additional gratuity given will not be reimbursed
- Submit completed reimbursement form and ride receipt to the Recreation and Community Services, 97 Hillview Ave., Los Altos

To learn more about the program contact the Los Altos Senior Center or visit: www.losaltosca.gov/recreation/page/demand-ride-reimbursement-program-pilot

Senior Book Club

Los Altos Library Program

Sept 12: *Noir* by Christopher Moore
Oct 10: *Bad Blood* by John Carreyrou
Nov 14: *Melmoth* by Sarah Perry
Dec 12: *The Wright Brothers* by David McCullough
Day: 2nd Thursday of Every Month
Time: 1:00 - 2:00 p.m.
Location: Los Altos Library - Orchard Room
13 S San Antonio Rd, Los Altos

Knit and Crochet Circle

at Los Altos Library

Do you love to knit and/or crochet? If so, you can come to start a new project or get help and inspiration to finish an old one. Knitters and crocheters of all ages are welcome (under 10 please be accompanied by an adult). Please bring your own needles and yarn. NOTE: this is not a class. We can offer our group wisdom, but there is no instructor.

Day: 1st and 3rd Monday each month
Time: 4:00 – 5:00 pm
Location: Los Altos Library
Fee: Free

Los Altos Senior Program

As a Los Altos Senior Program Member, your benefits include: discounts on classes, programs and day trips; access to member only programs such as DMV study packets, DVD rental, discounted See's Candies gift certificates, one-on-one technology resource tutoring, and in-home repair.



MEMBERSHIP

City of Los Altos Residents: \$26

Non Los Altos Residents: \$40

To become a member: Fill out a membership form found online or at the Senior Program and mail the form with a check payable to City of Los Altos to;

Los Altos Senior Program

Hillview Community Center
97 Hillview Avenue
Los Altos, CA 94022

NEWSLETTER

The Spotlight Newsletter is your bi-monthly guide to all programs and events at the Los Altos Senior Program. For \$6.00 a year, the Newsletter will be mailed to your home. Pick-up a copy for free at the Los Altos Recreation Department, Los Altos Senior Program, or view it online.

VISIT THE SENIOR CENTER AT:

Grant Park

1575 Holt Avenue, Room 4
Los Altos, CA 94022
650-947-2797

Days: Monday – Friday

Hours: 8:30 am – 3:30 pm

Enjoy classes, card games, exercise, speakers, Wednesday lunch and a small community feeling at the Los Altos Senior Center. To find a complete listing of programs and activities, visit our website at: www.losaltosrecreation.org

ADULT PROGRAMS

Intermediate Bridge

Instructed by American Bridge Association Master Teacher

Kathy Harper

Bridge class will consist of short lectures followed by play of carefully constructed hands to illustrate the principles presented in the lecture. Learn helpful conventions including: takeout doubles, preempts, strong two clubs, Stayman, and Blackwood and scoring. Analyses of problems encountered in bidding and play of these hands conclude each session. All materials included.

Intermediate Bridge I

Dates: 9/11, 9/25, 10/9, 10/23,
11/6, 11/13
Day: Wednesdays
Time: 1:30 - 3:00 pm
Location: Town Hall Council Chambers
Fee: \$175



Preparing Your Estate Plan

Presented by Aileen Low, CFP® Financial Advisor

Silence may be golden, but not when it comes to your estate. Join us for our presentation of Preparing Your Estate. We'll help familiarize you with the basic steps of estate planning. An estate-planning attorney will be present at this event. Edward Jones, its employees and financial advisors are not estate planners and cannot provide tax or legal advice. You should contact a qualified tax or legal professional regarding your situation.

Date: 12/5
Day: Thursday
Time: 11:00 am - Noon
Location: Town Hall Council Chambers
Fee: Free to Los Altos Hills Residents

Take Control of Your Financial Future

Master Five Money Questions for Woman

Presented by Aileen Low, CFP® Financial Advisor

Women and men have different considerations when it comes to long-term financial goals. For Instance, because of a woman's average longer life span, your needs may be significantly different from those of your spouse or others. Does your financial strategy fit your lifestyle and needs? Join us and learn more as we explore five critical money questions for women.

Date: 2/6
Days: Thursday
Time: 3:00 - 4:00 pm
Location: Town Hall - Parks and Recreation Building
Fee: Free to Los Altos Hills Residents

ADULT PROGRAMS

Adult Horseback Riding Classes

These classes are open to beginner riders or those looking to get back in the saddle. Riders will learn basics of horse care and the fundamentals of riding. Participants must come in form-fitting pants (no shorts), boots with heels, and a shirt that covers the shoulders. Hair must be pulled back and out of the rider's face. For more information please contact Victoria Dye Equestrian at 650-691-5276 or ridewithVDE@gmail.com.

Dates: 9/11, 9/18, 9/25, 10/2
Days: Wednesdays
Time: 10:00 – 11:00 am
Location: Westwind Community Barn
Fees: \$235
\$210 Resident Rate

Basic Manners for Community Dogs

For dogs 5 months of age or older. Focuses on training basic behaviors, walking nicely on a leash, and canine manners. Content includes discussion of developmental stages and responsible dog ownership. Leash reactive dogs must be evaluated by the instructor and may not be allowed to take the class.

All work will be done on lead unless prior approval received from the trainers to work without a leash. Classes will be taught by staff from Molly's AdobeDogs Dog Training. For more information, contact Molly Hughes at Molly@AdobeDogs.com or visit AdobeDogs.org.

Equipment Notes: 1) Flat buckle collar (other collar choices may be permitted with approval from the trainer). 2) Six-foot leash of leather or fabric. No retractable leads allowed. Prerequisite for Advanced class: Successful completion of beginner class.

Fall Session 1: 9/11 - 10/9
Fall Session 2: 10/23 - 11/20 no class 11/21
Winter Session 1: 1/22 – 2/19

BEGINNER CLASSES:

Day: Wednesdays
Time: 9:00 – 9:50 am

ADVANCED CLASSES:

Day: Wednesdays
Time: 10:00 – 10:50 am

Location: Baseball Field at Hillview Community Center
97 Hillview Road, Los Altos

Fee: \$123
\$105 Resident Rate



ADULT PROGRAMS

Pam's Yoga Fitness

Easy flow yoga with ab work and mindfulness meditation. Emphasis on awareness, humor, and breathing. Please bring a yoga mat. For more information see www.pamwalatka.com.

Try it out: Pam offers a free trial class

Session 6: 9/25 – 11/13

Session 1: 11/20 - 1/29 no classes 11/27, 12/25, or 1/1

Session 2: 2/5 – 3/25

Days: Wednesdays

Times: 10:15 – 11:30 am

Location: Town Hall Council Chambers

Age: 18+

Fee: \$119

\$105 Resident Discount

\$100 5-Class Flex Pass



Instructor Profile: Kjersti Nelson

Kjersti's run coaching focus is on 5k - marathon training. She focuses on preparing the body and mind to endure. Kjersti is a certified NAASFP marathon coach with 20+ years experience as a runner. She believes that running can be used to improve mental health, and that a healthy, strong mind is the key to successful running. Kjersti is a licensed Marriage and Family Therapist and offers unique approaches to therapy and training by combining running with mental health.

NEW!

Train for your next Turkey Trot!

Meet at Byrne Preserve to jump start your Turkey Trot Training. Group runs to emphasize endurance, power, and fun! Coach will provide individual guidance to runners. Program includes a discounted race entry for the Thanksgiving Day Spartan Turkey Trot 5k.

Date: 10/8 - 11/19

Day: Tuesdays

Time: 9:15 – 10:30am

Location: Byrne Preserve Parking Lot

Fees: \$84

\$70 resident rate

NEW!

Personalized Run Coaching

Running Coach Kjersti of kjerstinelson.com, will create a personalized run program for you. Coaching based on positive coaching and will include discussion of holistic topics to improve your running and fitness.

Date: By Appointment

Day: By Appointment

Time: 50 Minutes

Location: Set by appointment

Fee: \$100

ADULT PROGRAMS



NEW!

Bombay Jam Community Demonstration!

Ready to try a new dance workout? Bombay Jam will be hosting a Community Demonstration in Los Altos Hills to showcase this exciting new program.

Date: 9/27
Day: Friday
Time: 9:00 – 10:00am
Location: Town Hall Council Chambers
Fees: Free

NEW!

Bombay Jam Dance Fitness

Ready for Bollywood inspired aerobics? Bombay Jam is an energetic 60 min fitness class which offers a total body dance workout that incorporates cardio and toning. Participants will burn loads of calories and learn some dance moves as they groove to high energy Bollywood tunes! No prior dance experience is required.

Dates: 11/1 – 12/20
Day: Friday
Time: 9:00 – 10:00 am
Location: Town Hall Council Chambers
Fees: \$110
\$100 Resident Rate
\$20 Drop-In Fee

Instructor Profile: Perna Uppal

Perna Uppal is a Registered Dietitian and Certified Diabetes Educator who practices at the Los Altos clinic of the Palo Alto Medical Foundation, California. She has over 25+ years experience at institutions such as Stanford University Hospital and Palo Alto Medical Foundation where she currently counsels patients diagnosed with obesity, diabetes and heart disease. Perna works in corporate wellness to help reduce diabetes and heart disease risk and is passionate about wellness and disease prevention. She works with patients to develop an effective and practical lifestyle plan for optimum health. Perna believes that with proper diet, exercise and stress reduction, each person can reach their maximum potential, physically, emotionally and spiritually. She is also a Bollywood dance and fitness instructor and has danced professionally and instructed for Naach Inc., Mona Sampath Khan's first launch which grew to be one of America's premier Bollywood dance companies. Perna is also a long time practitioner of meditation.



Bodyweight Bootcamp

Are you ready to lose some weight? If you are ready to shed some pounds, increase lean muscle mass and improve overall fitness then gather up some friends because our Boot Camps are perfect for you. We offer total body workouts with a variety of equipment i.e. TRX, dumbbells, slam balls, resistance bands, battle ropes, barbells, jump rope. Please bring a yoga mat. Sign up today! For more information contact Adam Halper at www.FitnessHalpers.com or 650-479-5955.

Try it out: Adam offers the first week as a free trial

Join at any time as this is an ongoing course Mondays, Wednesdays, and Fridays. Full session not required

Session length is assigned by the month

Days: Mondays, Wednesdays, Fridays
Time: 6:00 – 7:00 am
Location: Town Hall Council Chambers
Fees: \$200 Monthly
\$200 8 Class Flex Pass

ADULT PROGRAMS

NEW!

Manifesting 2020 Resolutions

iChakras

The way you start off the year is very important for how the entire year will go. Start off 2020 with a manifesting meditation! Bring in a list of goals for 2020 and we will manifest them one by one! This is a group Meditation Class and Balancing for the Root Chakra.



Date: 1/1
Day: Wednesday
Times: 12:00 - 1:00pm
Location: iChakras – Zen Meditation Center, 398 Main St, Los Altos, CA 94022
Fee: \$50
\$35 Resident Rate

Manifesting Love Meditation & Tea Party

iChakras

This meditation is wonderful if you're in a relationship or searching for true love. It attracts unconditional love from the universe into your life, and home. Join us while we create the relationships our hearts are searching for! This is a Group Meditation Class and Balancing for the Heart Chakra. Heart Chakra Gem-Teas available.

Date: 2/8
Day: Saturday
Times: 6:00 pm - 7:00pm

Date: 2/12
Day: Wednesday
Times: Noon - 1:00 pm

Location: iChakras – Zen Meditation Center, 398 Main St, Los Altos, CA 94022
Fee: \$50
\$35 Resident Rate



Instructor Profile: Miki Duisterhof

Dutch born Miki Duisterhof has been trained in meditation in the tradition of philosophies of Kashmir Shaivism, classical Vedanta and Kundalini Yoga as taught by Yogi Bhajan. She holds a BFA from Emerson College in Communications politics and law, and is a graduate from the International Center of Photography. Her path has been shaped by her work as a lifestyle & commercial photographer www.mikiduisterhof.com, and by the blessing of being the mother of two beautiful beings.

Miki invites her students to stay present each moment in order to deepen his/ her own understanding of the nature of Self. Her classes are inspiring and centered, offering a functional and heart centered purpose in and out of class. Influenced by her life as a photographer and mother, lover of yoga, ayurveda, each class is an opportunity to create stillness, spaciousness and awareness. Her gentle approach is to allow students to discover the mystery of their own spiritual heart and translate that energy of inner wisdom into their own lives.

NEW!

Mindful Eating: Mind-Body Connection

Mindful Eating is the practice of cultivating an open-minded awareness of how the food we choose to eat affects one's body, feelings, mind, and all that is around us. The practice enhances our understanding of what to eat, how to eat, how much to eat, and why we eat what we eat. Each class we will share a wholesome bite.



Workshop 1: Digestion and the Gut
Workshop 2: Dealing with the Holidays
Workshop 3: Emotional Eating

Dates: 10/17, 11/21, 12/12
Days: Thursdays
Times: 6:30 – 8:00 pm
Location: Town Hall - Parks and Recreation Building
Fee: FREE program, participants encouraged to donate to local 501(c)3 Loaves & Fishes.

NEW!

Kundalini Yoga

Kundalini yoga, or the "Yoga of Awareness," (as taught by Yogi Bhajan) is a blend physical and meditative practices, which incorporates movement, dynamic breathing techniques, meditation, and the chanting of mantras, such as Sat Nam (meaning "truth is my identity)." The goal is to build physical vitality and increase consciousness Kundalini offers a space between emotion & reaction so that we can make decisions out of the neutral, instead of the reactive mind. Every class will have a set of exercises, relaxation with sound and a meditation. Drop in \$20. Each session runs 8 weeks.

Session 1: 10/5 – 11/23
Session 2: 12/7– 2/8 no class on 12/28 or 1/18
Days: Saturday
Times: 8:30 – 10:00 am
Location: Town Hall Council Chambers
Fee: \$145
\$120 Resident Rate

ADULT PROGRAMS

NEW!

Chicken Care Consultation

Book an appointment to learn how to keep happy and healthy chickens. Instructor Isabelle can discuss basic requirements like housing, food, and maintenance. Isabelle can also share advanced strategies to enrich your backyard, introduce new chickens to your flock, do health checks, and treat common injuries and illnesses. For more information visit www.clorofil.org or to book an appointment cknopf@losaltoshills.ca.gov or 650-947-2506.

Date: By Appointment Only
Day: Monday – Sunday
Time: 1 Hour
Location: Clorofil Micro-Sanctuary or Coop Site Visit
Fees: \$60 Los Altos Hills Residents Only

NEW!

Inaugural Water 101 Academy

Santa Clara County Water District

The Santa Clara Valley Water District is launching a brand new Water 101 Academy, a water ambassador program that is open to all community members in Santa Clara County who want to gain an understanding of local water issues and learn about current or future water projects occurring in their local communities. Through this new program, the water district hopes to build and sustain a diverse network of influencers who are willing to serve as community water ambassadors on local water issues and refer others to future academy sessions. For more information or to apply, visit www.valleywater.org/learning-center/water-101-academy.

Dates: 2/6, 2/20, 3/13, 3/23, 3/26
Day: Tuesday, Wednesday, Saturday
Time: 6:00 – 8:00 pm
Location: 5700 Almaden Expy, San Jose, CA 95118
Fees: Free

NEW!

Gardening for Biodiversity in the Climate Crisis

Present a Native Horticulture Symposium

“Garden as if life depended on it.” Featuring Keynote Speaker: Doug Tallamy, author of Bringing Nature Home. For more information and to register visit: www.cnps-scv.org/symposium.

Date: 9/21
Day: Saturday
Time: 9:00 am - 5:00 pm
Location: Foothill College
Fee: \$125



NEW!

Habits & Habitats of our Local Birds

By the Los Altos Hills Open Space Committee

From bluebirds to golden eagles, Los Altos Hills provides habitat for a wide variety of birds. Matthew Dodder, Michelle Unger and Mike Azevedo with Santa Clara Valley Audubon Society will discuss the habits and habitats of our local birds and actions residents can take to conserve local species. Questions please contact: kitgordon@me.com.

Date: 10/29
Day: Tuesday
Time: 7:00- 9:00 pm
Location: Town Hall, Council Chambers
Fee: Free

ADULT PROGRAMS

NEW!

Worm Composting

Join us for a worm composting workshop. Participants will learn how to transform their household kitchen scraps into a rich, fine, and nutritious soil amendment for their gardens. This class will be led by a local Master Composter. Come prepared to learn about worm care and compare vermicompost techniques.

Date: 11/19
Day: Tuesday
Time: 7:00 – 8:00 pm
Location: Parks and Recreation Center at Town Hall
Fee: Free
Registration: <http://ucanr.edu/survey/survey.cfm?surveynumber=27819>



Compost Basics

Come learn about the importance of managing your organic waste (food scraps and yard trimmings) at home. As the drought worsens and the climate warms, home-based waste management has never been more relevant. With wide reaching applications, backyard composting cuts your contribution to landfills, conserves water, and builds healthy all-natural soils that store carbon. At this workshop you will learn to build, manage and utilize a home compost pile. Please join us for an exciting journey into the world of rot, exploring why something that so many are repulsed by might in fact be the way we save the planet. For more information visit: www.ucanr.edu/compost.

Date: 2/22
Day: Saturday
Time: 10:00 am - 12:00 pm
Location: Parks and Recreation Center at Town Hall
Fee: Free
Registration: <http://ucanr.edu/survey/survey.cfm?surveynumber=27817>

NEW!

GreenWaste Office Hours

Questions for GreenWaste?
Stop by Town Hall and ask away.

Dates: 9/5 and 9/12
Time: 9:00 - 11 :00 am
Location: Town Hall

Recyclables Processing Tour

Recycling begins at home. By placing materials in the correct collection containers, residents of Los Altos Hills are helping to make a huge impact on the Town's overall recycling rate. Once mixed recyclable materials are collected from homes and businesses, they are taken to a facility that is specifically designed to sort mixed materials into materials of like-type so they can be used to create new products. This tour will offer participants a first-hand look inside one of the most state-of-the-art Material Recovery Facilities (MRF) in the United States, where GreenWaste Recovery, Inc. takes the Town's mixed compostables (gray cart), recyclables (blue cart) and yard trimmings (green cart) materials for processing. This tour will demonstrate how mixed compostables, recyclables and yard trimming materials are all sorted under the same roof, accomplishing incredibly high recycling rates, ultimately diverting up to 95% of recyclables and 75% of materials away from landfill.

Please note: A maximum of ten (10) participants and a minimum of five (5) are allowed on each tour. Participants must be 18 years of age or older and Los Altos Hills residents. Headsets and safety gear will be provided. To register visit: www.losaltoshills.ca.gov/greenwastetour or contact 650-947-2518.

Fall Date: 11/15
Winter Date: 2/7
Day: Friday
Time: 11:00 am – Noon
Location: 575 Charles Street, San Jose, CA 95112
Fee: Free for Los Altos Hills Residents

ADULT PROGRAMS

Hands Only CPR/AED Class

This course utilizes American Heart Association (AHA) CPR/ AED curriculum. Participants will learn compressions only CPR on an adult and child, learn how to use an Automated External Defibrillator (AED), and help an adult or child who is choking. Research confirms immediate bystander 'hands only CPR' increases cardiac arrest survival rates. Participants DO NOT receive an AHA Heartsaver CPR AED two-year certification. For more information, visit www.sccfd.org or call 408.378.4010. Register at www.HOCPRLAHJan2020.eventbrite.com

Date: 1/15
Day: Wednesday
Time: 6:00 – 7:30 pm
Ages: 13 and up
Location: Town Hall Council Chambers
Fee: Free

Personal Emergency Preparedness (PEP)

When disaster strikes, it may be several days before emergency services arrive in your neighborhood. This FREE 3-hour training class teaches individuals and families how to prepare to be self-reliant the first 72 hours following a major disaster. This class includes information on types of disasters, home and workplace preparedness, fire safety, treating life-threatening conditions, and how to build a disaster supplies kit. For more information, visit www.sccfd.org or call 408.378.4010.

Winter Date: 2/5
Time: 6:00 – 9:00 pm
Day: Wednesday
Location: Town Hall Council Chambers
Fee: Free
Winter Registration: www.PEPLAHFeb2020.eventbrite.com



Community Emergency Response Team (CERT) Academy

The Community Emergency Response Team (CERT) program educates people about disaster preparedness for hazards that may impact their immediate area and trains them in basic disaster response skills such as: fire safety, light search and rescue, team organization and disaster medical operations.

Using classroom and simulation-based education; CERT members learn how to assist others in the neighborhood or workplace immediately following an event when emergency responders may not be immediately available to help. Taking CERT training is easy, fun, and a great way for your neighborhood to strengthen working and personal relationships that will be vital in responding to an emergency.

Register via Eventbrite.com by searching for "CERT Los Altos Hills" or visit <https://losaltoshillscert2020.eventbrite.com>

Dates: 3/9, 3/11, 3/16, 3/18, 3/24, 3/25 and 3/28
Days: Mondays and Wednesdays (and Saturday 3/28)
Time: 6:00 – 9:00 pm (and 9:30 am – 12:30 pm 3/28)
Location: Los Altos Hills Town Hall
26379 Fremont Road, Los Altos Hills 94022
Fee: \$35

ADULT PROGRAMS



NEW!

Digital Art Gallery

by the Los Altos Hills Public Art Committee

The Digital Gallery is an online fine arts showcase that provides visibility for LAH resident artists & promotes engagement in the Town's public art program. The project provides a mutual benefit to participating artists (for visibility) and to everyone in the Town and beyond via the Web (for cultural enrichment). To access the digital art gallery visit: www.losaltoshills.ca.gov/DigitalGallery.

Upcoming Artists Fall/Winter 2019 Schedule:

September 2019	Black & White Photography by Tom & Marj Green
October 2019	Gourd & Fiber Arts by Ginger Summit
November 2019	Acrylic Paintings by Terenia Offenbacher
December 2019/January 2020	Abstract Art by Karen Druker
February 2020	Fine Art Photography by Robyn Aber

Also, enjoy local artists' past 2019 Galleries that are available to view in the Digital Gallery Archives through 2020. To learn more about the opportunity to show your art, visit: www.losaltoshills.ca.gov/PublicArt and check under "Helpful Documents".

NEW!

Photography Workshop

Fauna and Flora

Intro to digital flower and garden photography. Course can be done with a digital camera or even the camera located in your smartphone. Class will meet once a week for 6 weeks, and will include 3 outings (gardens/woods) around Los Altos Hills.

Dates: 10/5 -11/9
Days: Saturdays
Time: 10:30 – 12:30 pm
Location: 1st Meeting Los Altos Hills Town Hall. Subsequent class locations to be announced.

Per Workshop Fee: \$255
\$240 Resident Rate

ADULT PROGRAMS

NEW!

Meet the Media Center

Special Invitation to Residents of Los Altos Hills

Learn the basics about your public access channels and how you can best make use of them. This event is designed to answer your questions, explore what you'd like to do and help you get started. Includes signing up for classes and a tour of the facility. Recommended for all users of public access Channels 26, 27, 28, 29, 30 & 75.

Date: 11/7
Day: Thursday
Time: 6:00 – 7:00pm
Location: Midpen Media Center,
900 San Antonio Rd, Palo Alto, CA 94303
Fee: Free

NEW!

Sound Recording for the Field

Learn to capture professional quality audio for your field interview, event coverage, or film production. This 4-hour, hands-on workshop covers the essentials of sound recording. Learn the basics of sound, audio recording technology, microphone types and applications, how to interface with house audio, and production set tips. For more information: 650-494-8686 or visit www.midpenmedia.org.

Date: 10/13
Day: Sunday
Time: 1:00 – 5:00 pm
Location: Midpen Media Center,
900 San Antonio Rd, Palo Alto, CA 94303
Ages: 18 and up
Fee: \$50



Art Walk and Talk Tour

Art walk and talk tour of the fine art group show "Layers", featuring members of the Peninsula Chapter of the Women's Caucus for Art. Guests will meet the artists, hear them talk about their artistic experiences and have a Q&A session. Free and open to the public. For more information visit: www.wcapeninsula.org.

Date: 1/18
Day: Saturday
Time: 2:00 – 4:00 pm
Location: Town Hall
Fee: Free

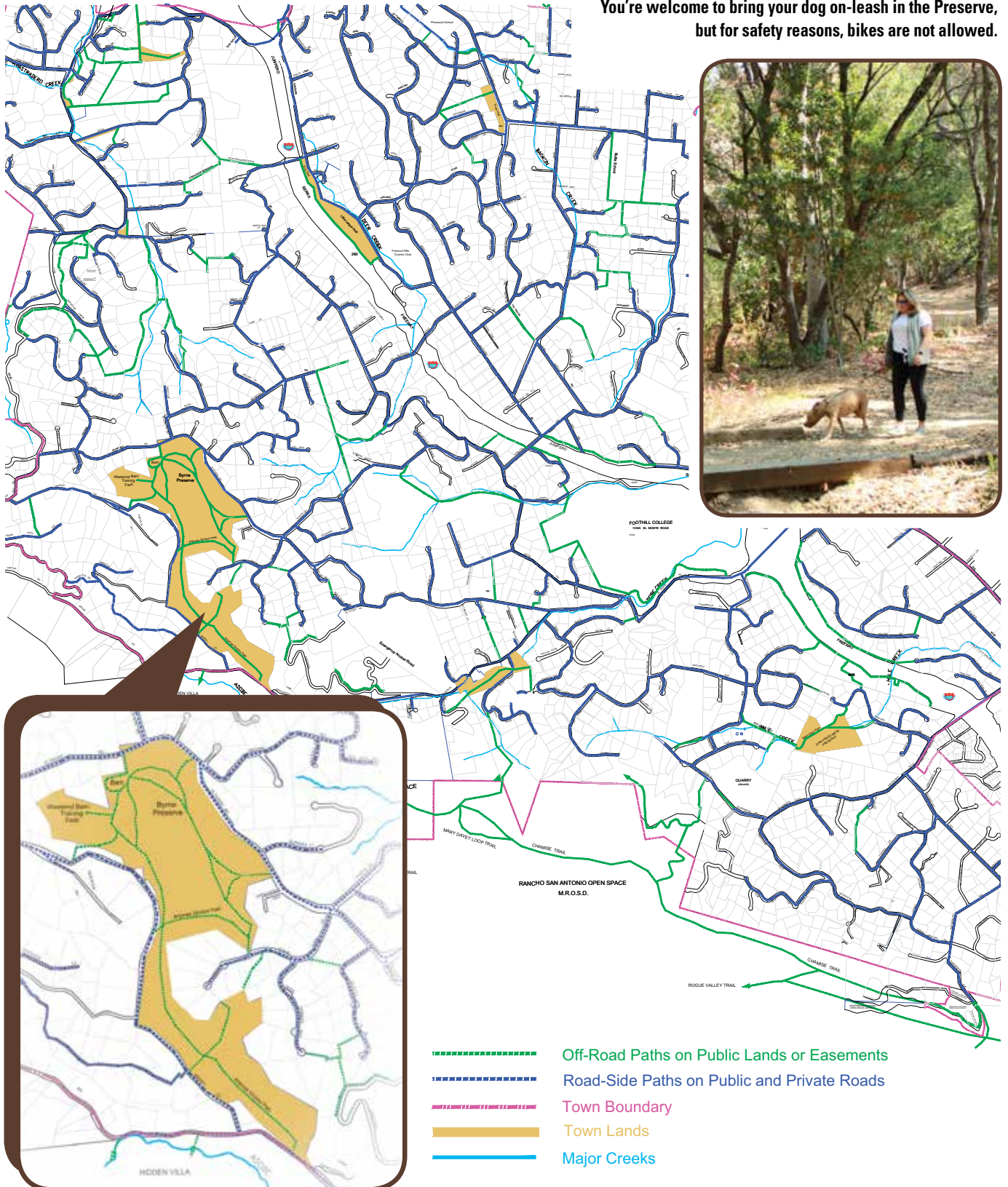
PATHWAYS HIGHLIGHTS

The Los Altos Hills Pathway System

is one of the most defining characteristics of our town. There are currently over 93 miles of paths for pedestrians, equestrians, and cyclists. Our pathways unite neighborhoods and provide alternative exit routes in case of an emergency, ensure children can get to school safely, and allow easy accessibility to enjoy the natural beauty and wildlife in the hills.

Pathways Maps are available to purchase at the Town Hall for \$4.00.

You're welcome to bring your dog on-leash in the Preserve, but for safety reasons, bikes are not allowed.



Horseback Riding Lessons

Victoria Dye Equestrian

The horseback riding lessons through Victoria Dye Equestrian are geared towards the beginning through advanced intermediate riders. The program focuses on learning to maintain an independent, balanced seat, tactful communication between horse and rider, and correct equitation. Students will learn the fundamentals of riding. Students will be taught how to safely handle horses, proper grooming techniques, maintenance of tack and unique characteristics of the horse. Safety helmets are required for all mounted work and can be provided. Participants must come neatly dressed in form-fitting pants (no shorts), boots with heels, and a shirt that covers the shoulders. Jewelry is not allowed. Hair must be pulled back and out of the rider's face. For more information please contact Victoria Dye Equestrian at 650-691-5276 or ridewithVDE@gmail.com.

Days: Tuesday – Sunday
Time: VDE works with your schedule to customize a lesson program that works for you
Location: Westwind Community Barn
Ages: 5 and up

Private and Semi Private Lessons

Length: 30 mins
Class Size: 1 to 2

Group Lessons

Length: 60 mins
Class Size: 3 to 6

Fees:

Residents with VDE lesson horse\$60
 Residents with own horse.....\$55
 Residents with VDE horse package\$420
8 for the price of 7
 Residents with own horse package\$385
8 for the price of 7
 Non-Residents with VDE lesson horse.....\$70
 Non-Residents with own horse\$60
 Non-Residents with VDE horse package...\$490
8 for the price of 7
 Non-Residents own horse package.....\$420
8 for the price of 7



Birthday Parties at Westwind Community Barn

Victoria Dye Equestrian can host your birthday party or celebration. Children will get to groom and ride the horses. Parties are offered for children ages 6 and older, are one hour in length with a minimum of five

riders and a maximum of 10. For more information and to book please contact Victoria Dye Equestrian 650-691-5276 or ridewithVDE@gmail.com.

Fee: \$50 per rider

Law Enforcement Academy

Santa Clara County Sheriff

The Sheriff's Office is hosting a Law Enforcement Academy for High School Students and Adults to provide an inside look at law enforcement. Topics will include traffic laws and enforcement, SERT, Gangs, Dive team, K9, bomb squad, a county jail and court tour, and more. For more information email so_sro@shf.sccgov.org. To apply, pick up an application at your local high school, Quinlan Community Center, or the Sheriff's Office West Valley Substation at 1601 S. De Anza Blvd, Cupertino. You can also apply online at <https://www.sccgov.org/sites/sheriff/Pages/Teen-Community-Academy.aspx>

Dates: 9/4 -11/20
Time: 6:00 -9:00 pm
Location: Most classes will be at Monta Vista High School
Ages: 9th Grade & up
Fees: Free

Byrne Preserve Night Hike

Grassroots Ecology

In the vibrant fall season, we admire the oranges, yellows, and browns of our oak landscape, but what about all of the colors we can't see? Join us on an evening walk through rolling grasslands and wooded creeks with red and ultraviolet lights to view the nighttime like many insects, birds, and reptiles do. Meet at the Byrne Preserve entrance across Westwind Community Barn's parking lot. For questions, please contact Valerie Lee at valerie@grassrootsecology.org. Registration for all participants is required. Find updated information and the event registration page on their website at www.grassrootsecology.org, or contact Valerie Lee.

Date: 10/26
Day: Saturday
Time: 5:30 - 8:00 pm
Location: Byrne Preserve
Fee: Free

YOUTH PROGRAMS

NEW!

Teen Shadow

Pets in Need

Our Shadow Program allows teenagers to spend a day or more at our shelter to get an in-depth look into what we do. They will closely work with staff to learn about the various routines and responsibilities that are essential to successfully running our facility. These include administrative duties, medical routines, animal care, the adoption process, and socializing animals. This program allows teens to gain valuable experience that they will be able to build upon as they get older.

Dates: On-Going
Day: Fridays, Saturdays, and Sundays
Time: 10:00 am - 3:00 pm
Location: Pets in Need, 3281 E Bayshore Rd, Palo Alto, CA 94303
Ages: 13 - 17
Fees: \$100



NEW!

Computing Olympiad

Do you have a youngster interested in pursuing competitive coding? In SiliconValley4U's Computing Olympiad Course each student will be exposed to the foundational training which could lead to future success in the United States Computing Olympiad Contest! Class will be fun as each student creates, innovates, and builds something they like using scratch or python basics. This program lays the foundation for earning future medals in the Computing Olympiad.

Dates: 9/11 -11/13
Days: Wednesday
Time: 4:30 – 5:30pm
Location: Parks and Recreation Building
Ages: 5 & up
Fees: \$275
\$250 Resident Rate
Materials: \$35

NEW!

Movie Making

We introduce technology concepts and strive to build love for the programming language. This course will encourage and excite kids to make movies using coding skills. Creating animated movies using scratch tools catch their imagination to create movies of their dreams with music, dance, camera, lots of colere and characters.

Dates: 9/13 -11/15
Day: Friday
Time: 4:30 – 5:30pm
Location: Parks and Recreation Building
Ages: 5 & up
Fee: \$275
\$250 Resident Rate
Materials: \$35

YOUTH PROGRAMS

Holiday Riding Camp

A real barn experience, this program focuses on responsible, considerate care of horses. Each rider is assigned to his or her horse for the week, resembling the responsibility and fun of horse ownership. We offer quality ponies, pony club curriculum, a low student to instructor/assistant ratio in a park-like setting, with horse games and a horse show on the last day of camp. For more information please contact Victoria Dye Equestrian at 650-691-5276 or ridewithVDE@gmail.com.

Week 1 12/26 – 12/28
Week 2 1/2 - 1/4
Days: Thursday – Saturday
Time: 9:00 am – 1:00 pm
Location: Westwind Community Barn
Fees: \$350
\$325 Resident Rate



Tour El Monte Fire Station

What does the inside of a Fire Station look like? Find out on this fun tour! Limited to 30 participants. Free Parking is available at Foothill College. RSVP required, contact: 650-947-2506 or cknopf@losaltoshills.ca.gov

Date: 2/8
Day: Saturday
Time: 10:00 – 10:45 am
Ages: 3 - 5
Location: 12355 El Monte Road,
Los Altos Hills
Fee: Free, RSVP Required



Ski Week Camp

No previous riding experience required.

Dates: 2/17 – 2/20
Day: Monday – Thursday
Time: 10:00 am – 2:00 pm
Fees: \$375
\$350 Resident Discount

Dia de Los Muertos

Hosted by Jardin De Mariposas School

Visit Jardin de Mariposas for a Day of The Dead preschool experience! Explore the colorful decorations, see our handmade sugar skulls, visit the ofrenda, and taste the traditional chocolate and pan de muerto. Come and learn some new Spanish words along the way! Please RSVP to cknopf@losaltoshills.ca.gov.

Date: 11/1
Day: Friday
Time: 9:00 – 10:00 am
Ages: 2 & up
Location: Jardin de Mariposas,
26790 Arastradero Rd
Fee: Free

Write a Letter to Santa

This holiday season, all children who are residents of Los Altos Hills can put together their wish lists and letters and send them to Santa! In return, Santa will mail a letter back! Letters will be accepted until Friday, December 6. There are two easy ways for Santa to receive letters:

1. Drop your child's letter in Santa's mailbox located in the LAH Parks and Recreation Building during office hours.
2. Mail the letter to: Los Altos Hills Parks and Rec Dept.
c/o Santa Claus
23679 Fremont Road
Los Altos Hills, CA 94022

YOUTH PROGRAMS



LOS ALTOS LIBRARY PROGRAMMING

Discover, explore, and learn at your Library, for more information contact 650-948-7683 or visit <http://www.sccl.org/losaltos>.

Los Altos Library: 13 S. San Antonio Road, 650-948-7683

Monday – Thursday: 10:00 am – 9:00 pm

Friday – Sunday: 10:00 am – 7:00 pm

Preschool Storytime

Stories, music, and movement for ages 3 and up.

Dates: Weekly

Days: Tuesdays and Wednesdays

Time: 11:00 am

Fee: Free

Toddler Storytime

Stories, music, and movement for ages 1 and 2.

Dates: Weekly

Days: Tuesdays, Wednesdays,
and Thursdays

Time: 10:15 am

Fee: Free

Inclusive Sensory Storytime

Sensory storytime is an interactive and educational program that can be enjoyed by all children, but is especially designed for children with sensory integration challenges. It combines books, songs, movement, and therapeutic activities to stimulate all five senses and promote learning.

Dates: 9/7, 10/5, 11/9, 12/14.

Time: 11:00 am

Ages: 1 - 7

Fee: Free

Baby Lapsit

Baby Lapsit is a 20-minute interactive storytime between a baby and the caregiver with a librarian presenting stories, action rhymes, and songs. Participants are invited to stay for a "Play and Learn" session following storytime, allowing babies and their caregivers more time to interact with each other.

Dates: Weekly

Days: Wednesdays

Time: 1:00 pm

Fee: Free

NEW!

Family Games and LEGO Building

Join us for a family game afternoon at Los Altos Library playing board and card games, and having fun with Lego building.

Dates: Monthly

Days: Second Thursday of Every Month

Time: 4:00 pm - 5:00 pm

Fee: Free

Mandarin Bilingual Storytime

Books, songs, finger plays and activities in Mandarin and English. Speakers of all languages are welcome to attend.

Dates: Weekly

Days: Thursdays

Time: 11:00 am

Fee: Free



YOUTH PROGRAMS

SHORELINE LAKE

The following classes are offered at Shoreline Lake Aquatic Center,
3160 N. Shoreline Blvd. Mountain View, CA 94043.
Contact the Boathouse at 650-965-7474 for more information.

Introductory Sailing

Learn to harness the calm morning breeze in protected water. This introductory course covers tacking, jibing, docking, water safety, and terminology needed to get out on the water. Includes a 1-hour private lesson which can be scheduled at your convenience after completing the course.

Dates Available: 9/7 – 9/8, 9/14 – 9/15, 9/21 – 9/22, 9/28 – 9/29,
10/5 – 10/6, 10/12 – 10/13
Days: One weekend, Saturday and Sunday
Time: 9:00 am – 1:00 pm
Ages: 14+
Fees: \$229
\$215 Resident Rate



SUP Yoga

Take your yoga practice outside and on the water, with a stand-up paddleboard as your mat! Enjoy learning while adapting to the motion of the board, the continuous challenge to adjust balance, and the instability created by minor energy and weight shifts. True focus required to ground while afloat. Dress in layers as you would come to any yoga class. No Cotton. Sunglasses recommended. Swimsuit if you don't want to get clothes wet.

Dates Available: 9/7, 9/14, 9/21, 9/28, 10/5, 10/12
Day: Saturday
Time: 9:00 – 10:15 am
Ages: 14+
Fees: \$35
\$30 Resident Rate

Introductory Windsurfing

Learn to windsurf in a weekend with our certified instructing staff. Students will be up and sailing in a matter of hours regardless of age, strength and size. Tacking (turning), rigging, nomenclature, self-rescue, water safety, and a myriad of other topics will be covered as students earn their certifications. Must be comfortable swimming and treading water. Students should be ready to get wet – bring a swimsuit, water shoes/sandals (no flip-flops), sunscreen, towel, and a bottle of water.

Dates Available: 9/7 – 9/8, 9/14 – 9/15, 9/21 – 9/22, 9/28 – 9/29,
10/5 – 10/6, 10/12 – 10/13
Days: One weekend, Saturday and Sunday
Time: 9:00 am – 1:00 pm
Ages: 14+
Fees: \$229
\$215 Resident Rate

Swim and Exercise at Foothill College

If you like to keep fit, check out the outstanding facilities for Community Education at Foothill College—right in our backyard! The Olympic pool is heated to 81 degrees year-round. You can swim laps, do water exercise on your own, or sign up for classes which include instruction for adult or child beginners, deep-water running, and Triathlon training for teens and adults. The fitness center is equipped with state of the art exercise equipment and free weights. Staff members are well-trained and eager to assist you with your exercise program. Lockers and showers are available. There are participants of every level. Your community college serving you! For closures and up to date hours please visit <http://www.foothill.edu/communityeducation> or call Jerry Koch at 650-949-7797 or 408-483-5745.

Swim Hours with Membership:

Fall Quarter: 9/24 - 12/21
 Winter Quarter: 1/6 - 3/30
 Mondays - Friday: 10:30 am - 1:30 pm
 Saturday 10:30 am - 1:30 pm
 Mondays: 6:00 - 7:30 pm
 Tuesdays, Wednesdays, and Thursdays: 6:00 - 7:00 pm

Fitness Center Hours with Membership:

Fall Quarter: 9/24 - 12/21
 Winter Quarter: 1/6 - 3/30
 Mondays - Saturday: 11:00 am - 1:30 pm
 Mondays - Thursday: 5:30 - 7:30 pm
 Per Quarter for Swim or Fitness Membership: \$100
 Per Quarter Fitness and Swim Membership: \$150

Donor Wall

The Town has opened Phase III of the Donor Wall. Make it a family affair and paint a tile or two. In the past, others have gotten clever and painted a family tree, children's drawing, hand print, monogram, memorial tribute or family home. Create It Ceramics and Glass Studio has techniques you can use to create your one-of-a-kind tile. Please allow at least one hour to paint your tile. No appointment is necessary but for more update to date information and ideas visit www.createitceramics.com.

The new wall will be completed in four separate phases (III-IV). The proceeds will be designated for a specific purpose at a future date by the City Council. Once the capacity of the phase is complete they will be installed.

To purchase a tile or to learn more contact Sarah Robustelli, 650-947-2518 or srobustelli@losaltoshills.ca.gov.

Store Hours: Visit www.createitceramics.com

Location: Create It Ceramics and Glass Studio
 Town and County Village
 855 El Camino Real #108, Palo Alto, CA 94301

Donation: 4 inch tile \$400
 8 inch tile \$800

Makerspace at Foothill College

Located in the lower level of the Krause Innovation Center, the KCI Makerspace is a new making facility that provides our community with the resources to design and make using a variety of computer-aided design and manufacturing and other tools. We serve a range of constituents: Foothills students and staff, local area educators, and the broader San Mateo and Santa Clara communities. We provide not only the tools but the courses, certification, events and social support to get you making. We teach courses every semester and have multiple informal training sessions for members multiple times a month. Community Membership is available and more information can be found at krauseinnovationcenter.org/makerspace/become-community-member. For more information contact Kas Pereira at kaspereira@krauseinnovationcenter.org.

Age: 18 and up. 11-17 must be accompanied by a parent while in the Makerspace

Location: Krause Center for Innovation, 12345 El Monte Road



Temporary Banners Reservations

Public events, charitable functions and noncommercial purposes are welcome to advertise with banners placed in various locations throughout Town. The Town has banner posts installed on Magdalena, Elena, Edith, Fremont, and Page Mill roads. For more information and to submit an application visit: www.losaltoshills.ca.gov.

RESOURCES

Byrne Brigade

Grassroots Ecology

Learn about California native species, install live willow cuttings along Moody Creek, and contribute to the movement to restore wildlife habitat at Byrne Preserve! Volunteers will learn about the multi-faceted ecology of our shared open spaces, support biodiversity, and spend quality time in an 88-acre preserve home to coyotes, raptors, butterflies, and more. Volunteers of all ages are welcome, and no prior experience is necessary. Meet at the Byrne Preserve entrance across Westwind Community Barn's parking lot. For questions or to schedule a private group program, please contact Valerie Lee at valerie@grassrootsecology.org.

Dates and times are subject to change, and registration for all participants is required. Find updated information and the event registration page on their website at www.grassrootsecology.org, or contact Valerie Lee.

Day: Most Mondays
Time: 9:00 am - Noon
Location: Byrne Preserve, 27210 Altamont Rd, Los Altos Hills
Fee: Free



Los Altos Library and Woodland Branch Library

The Los Altos Library located in the Los Altos Civic Center and the Woodland Branch Library located in the southern part of Los Altos serve the residents of Los Altos, Los Altos Hills, and the surrounding unincorporated areas. Discover, explore, and learn at your Library, for more information contact 650-948-7683 or visit <http://www.sccl.org/losaltos>.

Los Altos Library: 13 S. San Antonio Road, 650-948-7683

Monday – Thursday: 10:00 am – 9:00 pm
Friday – Sunday: 10:00 am – 7:00 pm

Woodland Branch Library: 1975 Grant Road, 650-969-6030

Monday – Wednesday: 11:00 am – 8:00 pm
Thursday – Saturday: 11:00 am – 5:00 pm
Sunday: Closed

Bookmobile

Santa Clara County Library

On the 2nd and 4th Monday of the Month, the Santa Clara County Library Bookmobile will be stopping in front of Los Altos Hills Town Hall to provide service to residents. The Bookmobile carries a wide selection of materials: books, magazines, large type books, audiobooks, movies, music and more for all ages. If the Bookmobile does not have it, residents can order it. Library cards are free and residents can sign up at the Bookmobile. Did you know that a SCCL card gives you access to audiobooks, newspapers, magazines and more digital content? Sign up for a card at the Bookmobile.

Dates: 9/9, 9/23, 10/28, 11/25, 12/9, 1/13, 1/27
Day: Mondays
Time: 1:00 - 2:00 pm
Location: Town Hall
Fee: Free



iPhone



Android

Los Altos Hills Connect APP

The Town of Los Altos Hills has launched a new online and mobile application for request management system, **Los Altos Hills Connect** to provide residents with an effortless way to participate in community-based reporting via their smartphone, other mobile devices or from their desktop computers. If you come across a problem, snap a picture, and send it to us via **Los Altos Hills Connect**. These issues will automatically be directed into our database system and channeled to the correct department to be resolved. It also allows you to track it and engage other members of the community. The Town will provide updates as they are acknowledged and resolved.

Please note that this app should be used for **non-emergency** issues only. **Call 9-1-1 for all emergencies.** To download the free app, please go to the iPhone and Android app stores.

RESOURCES

Enroll in Emergency Notifications

There are three ways to sign up to be notified of Emergencies:

- Visit www.losaltoshills.ca.gov
- Text your zip code to 888777 to opt-in
- Visit Nixle directly www.nixle.com

For any questions, please contact City Clerk, Deborah Padovan at 650-941-7222 or dpadovan@losaltoshills.ca.gov.



1-2-3-4 Rule for Emergency Water Supply

- 1 person needs**
- 2 gallons per day for drinking and sanitation**
- 3-day supply**
- 4 months refresh**



Pets in Need

Founded in 1965, Pets In Need is Northern California's first no-kill animal shelter. The non-profit organization is headquartered in Redwood City and operates the Palo Alto Animal Shelter, a no-kill public animal shelter serving Palo Alto, Los Altos and Los Altos Hills. Pets In Need rescues cats and dogs from public shelters in the Bay Area and beyond when they are in danger of being euthanized due to space or financial limitations.



Pets In Need offers a variety of programs including volunteer opportunities, corporate team-building activities, summer, winter and spring camps for children and invites teens to shadow staff members.

Vaccine Clinic

A drop-in low-cost vaccine clinic is open each Wednesday from noon to 1 p.m. at the Palo Alto shelter. No appointment necessary.

Animal Services

City of Palo Alto Animal Control provides services for residents of Palo Alto, Los Altos and Los Altos Hills. To report stray dogs, sick, injured or dead animals and other animal-related complaints, contact Palo Alto Animal Control at 650-329-2413. For more information or to become involved, visit www.petsinneed.org or call 650-496-5971.

Pets In Need is located at: 3281 E Bayshore Road Palo Alto, CA 94303

Hours of operation: Monday - Friday: Noon - 5:00 pm
Saturday: 10:00 am - 5:00 pm

Enrichment Volunteers

Children and teens can volunteer with us by creating enrichment activities for our animals. Our animals need daily mental stimulation to keep them happy and healthy. Our cats enjoy hiding in cardboard boxes—it makes them feel safe and secure! They also benefit from food puzzles that engage their critical thinking skills and help them burn energy. Children of any age are welcome to use the instructions below to create these enrichment items at home and bring them to our shelter. It will greatly benefit our animals!



RESOURCES

Los Altos Dispute Resolution Services

The Los Altos Dispute Resolution Services operates under the auspices of the Los Altos Community Foundation with support from the Los Altos Police Department and the city of Los Altos Hills.

The LADRS Services provides a full range of free dispute resolution services, including:

- Mediation and Conciliation
- Information on rights and responsibilities for tenants and landlords, including deposits, rent increases, maintenance, eviction.
- Information on rights and responsibilities for neighbors including fences, trees, noise, view, ordinance.

Dispute Resolution services are offered to those who live, work or own property in Los Altos and Los Altos Hills. These services are free, voluntary, and confidential.

Phone: 650-949-5267

Email: info@losaltosdisputes.org

Address 1490 El Camino Real, Santa Clara, CA 95050

Need a Notary?

Free notary service provided by the Town Hall staff. Transfer of Property documents cannot be notarized. Please reserve an appointment at least 3 days prior to notary date. Call 650-947-2518 or srobustelli@losaltoshills.ca.gov to make an appointment.

Day: Appointments are required.

Location: Los Altos Hills Town Hall

Fee: Free for Los Altos Hills Residents

Parenting/Neighbor Resources for Los Altos Hills Families

LAH Parents ("Los Altos Hills Parents") is a Facebook group open to residents of Los Altos Hills with children. Started in 2015, the mission is to bring together neighbors (both online and in person) to foster friendship and share information on everything of pertinence to young families. Local schools, upcoming events, where to find soccer lessons, nanny referrals and more! Occasionally the group hosts hikes on pathways, playdates, or other fun activities. Email Nina Sutaria at bactant@gmail.com for more information, or request to join directly through Facebook at www.facebook.com/groups/LAHparents

Silicon Valley Toddler is an exceptionally informative blog written by a Bay Area mom with a large database of reviews on local resources for kids. Neighborhood parks, amusement parks, indoor play spaces, beaches, nature preserves all are covered in depth with plenty of photos and essential tips such as where to park, when is the best time to go, and how to find the bathrooms. svtoddler.blogspot.com

Nextdoor is a resource to stay in the know about what's going on in your neighborhood and communicating with your fellow neighbors. nextdoor.com

Patrol Check Request

If you live in the cities of Cupertino, Saratoga, Los Altos Hills or in the unincorporated areas of Santa Clara County and you are going to be away from your residence/business, you can request a deputy to check on your property while you are away. While every effort is made to fulfill every patrol check request, higher priority calls will take priority. Visit: www.sccgov.org/sites/sheriff/Pages/pcr.aspx to submit your patrol check request.



RESOURCES

Los Altos History Museum

Los Altos History Museum's permanent exhibit brings to life the stories of the many people who have called Los Altos and Los Altos Hills their home over the past 1,000 years. An interactive diorama of old downtown Los Altos is a favorite among kids young and old. An outdoor exhibit highlights the agricultural history of the area featuring a tank house, apricot cutting shed, and tractor that roars to life. The Museum also presents rotating exhibitions on a variety of topics. This Fall, the exhibition, "Our Community Prepares: Acts of Nature, Then and Now," on display through January 19, includes stories of the Loma Prieta earthquake. Special holiday-themed exhibits grace the historic Craftsman-style orchard farmhouse built in 1905. Ask for a tour during Museum open hours. A beautifully landscaped garden is always open to the public.

Address: 51 South San Antonio Road,
Los Altos, CA 94022

Hours: Thursday – Sunday:
Noon – 4:00 pm

Admission: Free

CATCH THE SPIRIT

Tour the J. Gilbert Smith House bedecked for a 1930s Christmas, and shop for holiday treasures in the Smith House boutique and at the Museum Store. Enjoy tasty refreshments on the porch of the historic home, and carols sung by Schola Cantorum Silicon Valley. For more information: www.losaltoshistory.org

Date: 11/20

Day: Wednesday

Time: Noon -4pm

Admission: Free

Los Altos/Los Altos Hills Chamber of Commerce

Location: 321 University Avenue, Los Altos

Phone: 650-948-1455

Email: info@losaltoschamber.org

Website: www.losaltoschamber.org

Days: Monday – Friday

Hours: 9:00 am – Noon, 1:00 – 5:00pm

Los Altos Hills Club

The historic Los Altos Hills Club, founded in 1958, offers women who have a Los Altos Hills mailing address the opportunity to meet other Hills residents, form friendships, and make social contacts. The club sponsors bi-monthly luncheons, lectures and interest groups such as books, travel, bridge and other card games.

Interested in joining the club? Contact Membership Chairman Pamela Taft at (650) 917-9221 or Email: pamelajtaft@gmail.com for membership information.



Pictured emulating the "Viking Women's Empowerment Pose" – Right to Left: Patty Radlo, Co-President; Dr. Elizabeth Ward, Director of Los Altos History Museum, Speaker; & Rebecca Hickman, Co-President of LAH Club. Recent speaker was Dr. Elizabeth Ward, Director of the Los Altos History Museum who spoke on Icelandic Women's Empowerment.

Los Altos Community Foundation

Get involved and make a difference

For over 25 years, Los Altos Community Foundation (LACF) has collaborated with residents to make our communities - Los Altos, Los Altos Hills, Mountain View - more caring, connected and engaged. The Foundation, its donors, and volunteers support nonprofits and students with grants and scholarships, operate leadership and community-building programs, incubate start-up nonprofits, offer donor-directed charitable funds, and bring groups together to solve community issues. You can make our community even better through LACF! For more information, see losaltoscf.org or call 650-949-5908.

Get involved:

- High school students can make a difference locally and globally through LACF's E3 Youth Philanthropy program.
- Volunteer for one of LACF's community-building programs.

Help local nonprofits:

- Apply for a LACF grant for your nonprofit.
- See a community need? LACF can help you start and grow a new nonprofit.

Give back to the community:

- Donate to LACF's Community Impact Fund to support our local community.
- Open a tax-deductible Donor Advised Fund. Similar to a private foundation but simpler and less expensive.
- Honor a loved one or friend through a memorial gift to LACF.
- Help the community and be remembered by future generations by leaving a Planned Gift to LACF.

Household Hazardous Waste

Chemicals accepted by the Household Hazardous Waste Program fall into one of four D.O.T. hazard categories: Ignitable: paints, dry or wet, petroleum based products, polishes, gasoline. Corrosives: acids, bases, batteries, drain clog removes. Toxics: poisons, pesticides, gardening chemicals, ammonia, solvents. Reactive: pool chemicals, hydrogen peroxide, iodine, perchlorates. Misc: propane, helium, small oxygen tanks, smoke detectors, fluorescent lamps, medications, sharps.

Used motor oil is hazardous to you, your children and our environment. Do not dump used oil down gutters, storm drains, in garbage cans, or into our creeks, rivers, the delta or bay. The oil from one oil change can pollute 1,000,000 gallons of water. Recycling used oil & oil filters prevents water pollution, protects public health, and preserves limited natural resources. If you have any of these contaminated products, please contact the Household Hazardous Waste Program for a disposal appointment by calling or visiting the below.

Phone: 408-299-7300

Hours: Monday - Friday, 9:00 am - 5:00 pm

Website: www.hhw.org



Battery Recycling Program

Batteries contain toxic substances such as lead, mercury, and cadmium and are to be kept out of the trash. GreenWaste Recovery offers a Resident battery recycling program. To recycle small batteries, residents can place the batteries in a clear ziplock (or similar) bag and place the closed bag on top (not inside) of the BLUE Recyclables Cart. It's highly recommended that residents also tape the ends of the batteries, so they don't cause friction with each other in the bag. For car batteries, the residents are advised to contact Santa Clara County Household Hazardous Waste Program at 408.299.7300 or visit www.hhw.org to schedule a drop-off appointment.

Neighborhood clean-up (dump day)

Los Altos Hills cleanup day; limited to residents of Los Altos Hills ONLY and proof of residency is required. Original copy of the clean-up notice is required. Event takes place rain or shine and for household use only.

Date: 10/26

Day: Saturday

Time: 9:00 am – 3:00 pm

Location: Foothill College, 12345 El Monte Road (parking lot 6)

Accepted Items:

- House and lawn furniture (e.g. sofas, mattresses, box springs, patio chairs)
- Appliances (e.g. washers, dryers, ranges and water heaters)
- Plastic toys
- Radios and stereos
- Bicycles and exercise equipment
- Pots and pans
- Small metal appliances
- Scrap metal less than 40 pounds and less than 2 feet in length
- Wood waste
- Rock, dirt, asphalt and concrete (NO MORE than 30 gallons per household)
- Construction or demolition debris (NO MORE than 30 gallons per household)
- Tree trimmings less than 6 inches in diameter and less than 6 feet in length
- E-waste (e.g. televisions, computers, laptops)

Items Not Accepted:

- Tires
- Fuel cans or engine parts containing oil, grease, gasoline (e.g. lawn mowers)
- Large amounts of rock, dirt, asphalt and concrete
- Large pieces of plate glass
- Wet garbage
- Items you recycle with your regular service
- Household Hazardous Waste (e.g. compact fluorescent lights and tubes, oil, paints, liquids, chemicals/pesticides, sharps-needles)

Food Drive

Los Altos Hills is partnering with Second Harvest Food Bank

Give back to those in need and donate non-perishable foods into bins at the below locations. Most-needed foods: meals in a can (stew, chili, soup), canned tuna and meat, peanut butter, canned foods with pop-top lids, low-sugar cereals, 100% fruit juices in single serving boxes, canned fruit packed in juice and canned vegetables (low sodium).

Dates: 11/1 – 12/20

Drop off Locations:

- 1) Town Hall Lobby and Parks and Recreation Building
26379 Fremont Road, Los Altos Hills, CA 94022
- 2) Westwind Community Barn
27210 Altamont Road, Los Altos Hills, CA 94022

Compost Distribution

Thirty cubic yards of loose compost is brought to the corner of Elena and Purissima for a compost giveaway every Fridays from 8:00 -10:00 am. This service to residents is provided by GreenWaste Recovery and is limited to residents only.

Days: Fridays

Hours: 8:00 – 10:00 am

Location: Corner of Elena and Purissima

RESOURCES

Boarding at Westwind Community Barn

Westwind Community Barn's boarders have access to the best amenities offered at any public facility on the Peninsula.

- 50' x 100' all-weather lesson arena with dressage letters and GGT footing
- Newly renovated 100' x 200' all-weather jumping arena with GGT footing and drainage
- Variety of jumps including gates, flower boxes and coops
- 51' sand round pen
- Hot water wash racks
- Boarder tack rooms
- Lounge with fridge, microwave, TV and DVD player
- Direct access to the fabulous trails of the Pathways System, with connections to San Antonio, Arastradero Preserve and Hidden Villa

Boarding is open to the public and options include stalls, paddock and pasture. Additional services are available including 7-day blanket service, grain, trailer parking, and free-choice hay nets. For more information, contact 310-880-2549

*Barn details and rates subject to change

For more information, contact 310-880-2549.

BOX STALL	PRIVATE PADDOCK	SHARED PADDOCK	FEEDING PASTURE
\$825 / month	\$825 / month	\$595 / month	\$425 / month
Three meals daily – five flakes max of alfalfa or grass	Three meals daily – five flakes max of alfalfa or grass	Three meals daily – five flakes max of alfalfa or grass	Three meals daily, alfalfa for breakfast, grass for lunch and dinner
Cleaned twice daily	Cleaned once daily	Cleaned once daily	Pasture is dragged weekly
Choice of AM or PM Daily turnout, 8:30 - Noon or Noon - 4:30	One horse per paddock	Two horses per paddock	Two water tubs cleaned weekly by staff
Automatic water and rubber mats in all stalls	Large shelter	Large shelter	Two shelters measuring 14' x 14' with rocked bases



Like Westwind Community Barn and Town of Los Altos Hills on Facebook for

#SaturdayswithKevin

#therealkevinbacon

#glitterpig Federal Tax ID # 94-6027523



Los Altos Hills Horsemen's Association

LAHHA is a nonprofit organization dedicated to keeping good horsemanship available in our community. Through a variety of events and a common interest in horses and equestrian activities, LAHHA strives to preserve and enhance the extensive horse friendly resources of our Town, which include the wonderful Pathways System and a Town Arena on Purissima Road. The activities bring horse lovers together to share their knowledge, experience, and enjoyment of horses in our lives. Below are important coming dates. For more information visit: www.lahha.org, contact lahhaevents@gmail.com, or find LAHHA on Facebook.

9/23-29/4: Horse Camping at Pt. Reyes

10/14: LAHHA will be riding in Woodside Day of the Horse

11/5: LAHHA Trail Ride or Broom Polo

12/17: Festive Ride and Holiday party

Westwind 4-H Riding

Horseback riding is one of the few activities that is truly physically and psychologically therapeutic. It requires the involvement of the whole body and utilizes every muscle and joint. In addition, it provides a combination of sensory, cognitive and emotional stimulation that facilitates mobility, socialization and independence. Disabled children, ranging in age from 5 to 18, receive amazing benefits from participating in the Westwind 4-H Riding program at Westwind Barn.

Riding classes during the 10-week fall session are held on Monday and Thursday afternoons, from 4:00 to 5:00 PM (see schedule below). Lessons include learning riding skills, games and sometimes trail rides. Each child advances according to his or her own ability. Volunteers are the backbone of the program, which could not exist without them. For more information about how to volunteer, or enroll your child, contact 650-947-8680 or www.westwind4h.org.

Fall Session:

Volunteer Orientation: Saturday, Sept. 7th at Noon
Days: Mondays and Thursdays
Dates: 9/9 – 11/18
Time: 4:00 – 5:00 pm
Location: Westwind Community Barn
Rider Fees: \$200 per 10-week session + \$58 Annual 4-H fee for riders

Winter Session:

Volunteer Orientation: Saturday, Jan. 4th at Noon
Days: Mondays and Thursdays
Dates: 1/6 – 3/23
Time: 4:00 – 5:00 pm
Location: Westwind Community Barn
Rider Fees: \$200 per 10-week session + \$58 Annual 4-H fee for riders

REGISTRATION

REGISTER ONLINE AT WWW.LOSALTOSHILLS.CA.GOV

Participant First and Last Name	Age (if under 18)	Course/Activity	Fees
1 _____	_____	_____	_____
2 _____	_____	_____	_____
3 _____	_____	_____	_____

Billing Contact Information

Name: Last	First	Email Address
Address: City	State	Zip
Parent Name: Last	First	
Phone No: Home Work	Cell	
Emergency Contact: Name	Phone	

Release Of Liability & Assumption Of Risk Agreement

In consideration of the acceptance of the application for entry into the classes or activities listed on the Registration Form, I hereby waive, release and discharge any and all claims for damages for death, personal injury, or property damage which I may have, or which may hereafter accrue to me as a result of my participation in said classes or activities. I am aware that these classes or activities subject me to physical risks and dangers, nevertheless, I voluntarily agree to assume any and all risks of injury or death, and to release, discharge, and hold harmless all of the entities or persons mentioned above who, through negligence or carelessness, might otherwise be liable to me, or my heirs, personal representatives, next of kin, spouse or assigns. It is understood and agreed that this waiver, release, and assumption of risk is to be binding on my heirs, personal representatives, next of kin, spouse and assigns. I have fully read this Agreement and fully understand its content. Furthermore, the significance of this release of liability and assumption of risk agreement has been EXPLAINED TO THE MINOR. In addition, should the Town of Los Altos Hills take photographs of my or my child's program, event or activity, I agree to allow use of my and or my child's photograph to be used for program publicity purposes only.

Signature: _____ Date: _____

Refund Policy: For summer and riding camps, refunds will be given up to 14 days before commencement of program. For all other programs, refunds will only be given up to 7 days before the commencement of program. Within 7 days (or 14 days), a refund will only be granted if vacated position is filled. No refunds will be given after a program has started. A refund service charge of 10% will be added to all refunds requested by the customer. No refunds will be given for events.

To Be Completed By Parent Or Guardian Of Minor Participants

I have fully read this Agreement and fully understand its content. Furthermore, the significance of this release of liability and assumption of risk agreement has been EXPLAINED TO THE MINOR.

Signature of parent or guardian: _____ Date: _____

Print parent/guardian name: _____

Address (City, State, Zip): _____

Please indicate whether you are signing as: ☐ Parent ☐ Guardian

Payment

I hereby authorize the use of my credit card: ☐ Mastercard ☐ Visa

Name as it appears on card: _____

Card Number: _____ Exp Date: _____

Signature: _____

Note: All class fees are inclusive of a \$5.00 administrative fee.

Please detach and remit payment to: Town of Los Altos Hills, 26379 Fremont Road, Los Altos Hills, CA 94022

Los Altos Hills Activity Guide

The Activity Guide is published with assistance from the Parks and Recreation Committee.

www.losaltoshills.ca.gov

Photography Credits: Anna Garverick: 13; Anne Duwe: 4, 7, 10; Chris Knopf: Cover, 4, 5, 6, 7, 8, 22, 23, 25; Daniela Friedman: 3; Grassroots: 29; GreenWaste: 33; Jitze Couperus: 4; Joanne Sperans: 19; Kit Gordon: 17; Kjersti Nelson: 14; Krause Center for Innovation: 28; Krystal Malimban: 2, 26, 30; Krystal Starr: 16; Lori Stoia: 11; Los Altos Hills Club: 32; Miki Duisterhof: 16, 20; Pets in Need: 24; Prerna Uppal: 15; Santa Clara County Sheriff: 31; Sara Eberle: 34; Sarah Robustelli: 9, 10, 12, 14; Silicon Shores: 31; UCANR: 18;



TOWN OF LOS ALTOS HILLS

26379 Fremont Road
Los Altos Hills, CA 94022

Presorted Standard
U.S. Postage
Paid
Los Altos, CA
Permit No. 306



Arastradero Preserve
(Palo Alto)

◀ Recently installed 8 pieces of Outdoor Fitness Equipment located throughout Purissima Park



TOWN OF LOS ALTOS HILLS RECREATION FACILITIES AND OPEN SPACE PRESERVES

- 1 **Saddle Mountain Preserve** – Access by Pathway from Saddle Mountain Drive or Stirrup Way
- 2 **Town Hall** – 26379 Fremont Road
- 3 **Edith Park** – Fremont Road & Edith Avenue
- 4 **Purissima Park, Town Riding Arena, NEW Outdoor Fitness Equipment and Dog Park** – 27400 Purissima Road
- 5 **Westwind Community Barn** – 27210 Altamont Road
- 6 **Byrne Preserve** – Black Mountain & Altamont Roads
- 7 **O'Keefe Preserve** – O'Keefe Lane West of Dianne Drive
- 8 **Rhus Ridge Preserve** – Rhus Ridge Drive & Moody Road
- 9 **Juan Prado Mesa Preserve** – Access by Pathway from Dawson Drive
- 10 **Murietta Ridge Open Space** – South of Moody Road
- 11 **Foothill College** – 12345 El Monte Road
- 12 **Hidden Villa** – 26870 Moody Road

FIELD RENTAL

Interested in reserving field space at Purissima Park?

Request online today by visiting our Town website and clicking on the top right corner "How do it... Reserve Purissima Park Field Rental Request."